



The
EXPERIMENT

Summer 2023



DISTRIBUTED BY HACHETTE BOOK GROUP

NEW RELEASES

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BECAUSE EVERY BOOK IS A TEST OF NEW IDEAS

How to Read a Tree

CLUES AND PATTERNS FROM BARK TO LEAVES

Learn to Navigate by Branches, Locate Water with a Leaf, and Unlock Other Secrets in Trees

Tristan Gooley

From *NYT*-bestselling author Tristan Gooley, an eye-opening adventure into the secret language of trees, unveiling clues hidden in branches, roots, leaves, and more

In his extraordinary books about the overlooked layers of the natural world—including *The Lost Art of Reading Nature's Signs* and *The Natural Navigator*—Tristan Gooley has helped readers reconnect with nature by searching for secrets in stars, clouds, water, and more. Now, he turns his attention to perhaps nature's most beloved feature: the stately, majestic tree.

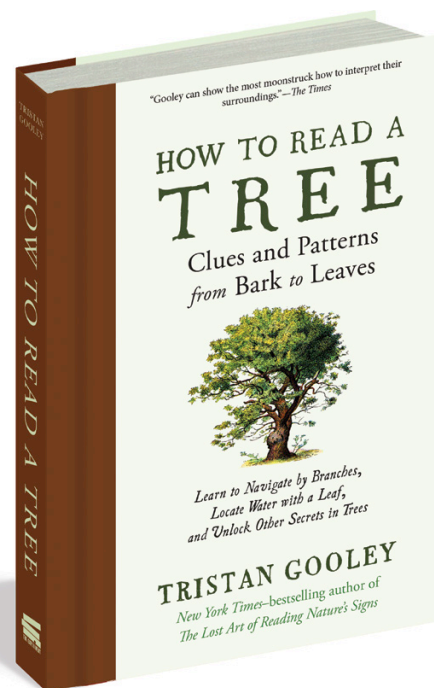
Every single tree tells us an epic story if we know how to read it. This book uncovers the marvelous wonders of branches, trunks, canopies, bark, buds, flowers, stumps, and more. A pale line down the center of a leaf indicates water is nearby. A touch of reddish or purple bark signals new growth. Low-growing, young branches reveal a tree is struggling to survive. Tapping into this silent language of trees sharpens our understanding of the environment—to read a tree is to paint a unique portrait of the surrounding land, soil, weather, animals, people, and even time. You'll never see a tree the same way again.

"Gooley interprets clues like a private investigator of the wilds. . . . For those inclined to solve mysteries written into the landscape, this author's lead is one they'll want to follow."—*The Wall Street Journal*



New York Times-bestselling author **TRISTAN GOOLEY** has led expeditions on five continents, climbed mountains in three, and is the only living person to have both flown and sailed solo across the Atlantic. His over two decades of pioneering outdoor experience include research among tribal peoples in some of the most remote regions on Earth.

[NaturalNavigator.com](https://www.naturalnavigator.com)  [NaturalNav](#)  [TheNaturalNavigator](#)



PAPER OVER BOARDS

\$24.95 US | \$32.95 Can. | USC

5.25 x 7.375 | 384 pages

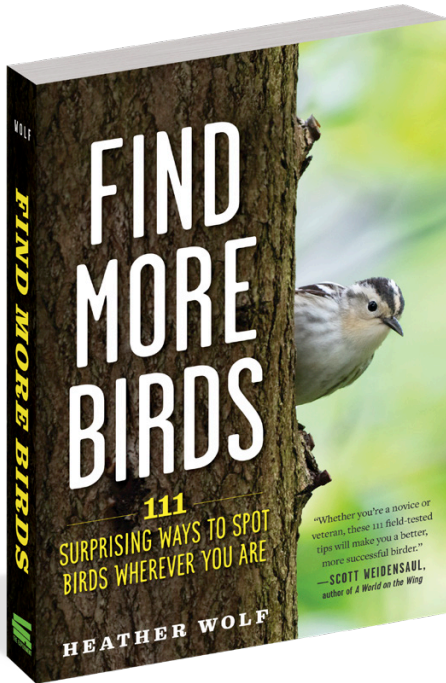
Two 8-page color photo inserts | B&W illustrations throughout

Nature/Plants

978-1-61519-943-3

SHIPS APRIL

- ▶ Perfect for tree lovers everywhere, plus fans of major bestsellers like *The Hidden Life of Trees* and *Finding the Mother Tree*
- ▶ An outdoor adventure guide filled with new ways to explore and enjoy nature everywhere, turning every walk among trees into a journey of discovery
- ▶ Reconnect with the world with Tristan Gooley, who “can make you feel that you’ve spent half your life walking about with your eyes only half-open” (*Telegraph*)
- » **See also:** *The Lost Art of Reading Nature's Signs*, page 17



Find More Birds

111 SURPRISING WAYS
TO SPOT BIRDS WHEREVER YOU ARE

Heather Wolf

TRADE PAPERBACK ORIGINAL
\$17.95 US | \$23.50 Can. | World
5.5 x 8 | 272 pages
Color photographs throughout

Nature/Birdwatching Guides
978-1-61519-940-2
SHIPS JULY

A photo-filled trove of 108 tips for seeing more birds wherever you look, from crowd favorites (hummingbirds, owls, eagles) to species you've never spotted before

What's the one thing everyone wants to know about birds? How to find them! Every day on social media, we see unbelievable photos—from majestic hawks to woodpeckers with impressive carpentry skills to brilliantly colored wood warblers feasting on wiggling caterpillars. You may wonder: *Where are these birds? Will I ever be able to see a bald eagle in the wild?* We think we must either have incredible luck or travel far and wide on special guided excursions to ever witness such things. Enter *Find More Birds*, the ultimate bird-spotting tool, packed with tips and tricks for finding birds anywhere. You'll not only discover more birds, you'll experience their fascinating behaviors and drama for a lifetime.

- ▶ An essential guide for both beginner and experienced birders
- ▶ A rising star in the birding world, Heather Wolf works at the Cornell Lab of Ornithology and was featured as a local birding ambassador in *The New Yorker's* Talk of the Town
- ▶ Each technique features Heather's stunning photos, praised as "a triumph of nature photography" (*The New Yorker*), "excellent" (*The Wall Street Journal*), and "beautiful" (*The New York Times*)
- ▶ Also available: *Birding at the Bridge*, 978-1-61519-313-4

Praise for *Birding at the Bridge*

"Part of the pleasure of her book, besides excellent photography . . . is the way [Heather Wolf] shares the circumstances and excitement of particular sightings."

—*The Wall Street Journal*

"This beginner's guide is as entertaining as it is informative."—*Publishers Weekly*



HEATHER WOLF'S love of birds was sparked on Florida's Gulf Coast, where she participated in the Florida Master Naturalist program. Based in Brooklyn, New York, she is a web developer for the Cornell Lab of Ornithology and its eBird project. Her first book, *Birding at the Bridge*, and her blog, brooklynbridgebirds.com, document birds of Brooklyn Bridge Park, where she has recorded 30,000 sightings of more than 180 species.

HeatherWolf.com HeatherWolf RealHeatherWolf

The Shortest History of Our Universe

THE UNLIKELY JOURNEY FROM THE BIG BANG TO US

David Baker

Foreword by John Green

A complete history of the universe, spanning 13.8 billion years in an ultra-accessible, uncommonly illuminating, exhilarating chronicle of key events

In this thrilling history, David Baker captures the longest-possible time span—from the Big Bang to the present day—in an astonishingly concise retelling. His impressive timeline includes the “rise of complexity” in the cosmos and the creation of the first atoms; the origin of all galaxies, stars, and our solar system; and the evolution of life on Earth, from tiny single-celled organisms to human beings.

Weaving together insights across the sciences—including chemistry, physics, biology, archaeology, and anthropology—Baker answers the fundamental questions: How did time begin? Why does matter exist? What made life on Earth the way it is? He also argues that never before has life on Earth been forced to adjust to a changing climate so rapidly, nor has one species ever been responsible for such sudden change. Baker’s grand view offers the clearest picture of what may come next—and the role we can still play in our planet’s fate.

Praise for the Australian Edition

“It’s quite a feat to . . . fit this Big History into a ‘shortest history.’”

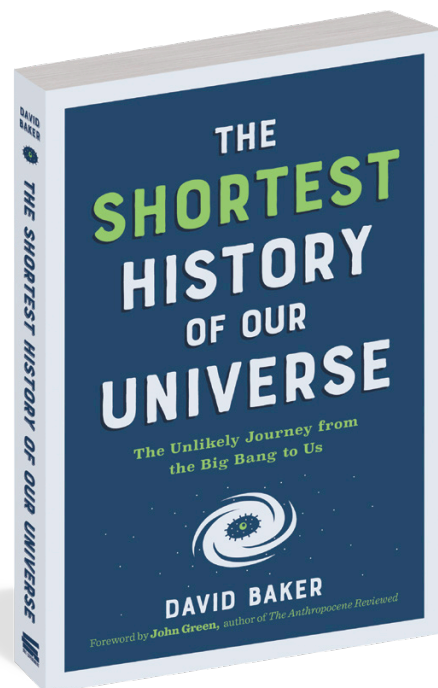
—*Insights Magazine*

“Operates at such a vast scale that it cannot help but brush up against the eternal and the profound.”—KURT JOHNSON, *Sydney Morning Herald*



DAVID BAKER, PhD, is a history and science writer who holds the world’s first PhD in Big History (the field that considers the entire history of the universe). He is an award-winning lecturer who wrote the YouTube series *Crash Course Big History*, hosted by John Green and his brother Hank Green. He lives in Sydney, Australia.

JOHN GREEN is the award-winning author of mega-bestsellers like *The Fault in Our Stars* (over five million copies sold) and *The Anthropocene Reviewed*.



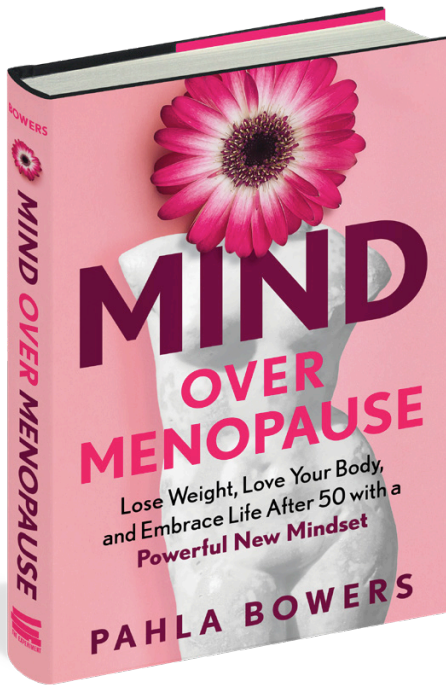
TRADE PAPERBACK
\$16.95 US | \$21.95 Can. | USC+OM*
5.125 x 7.75 | 256 pages
53 B&W illustrations

Science/Natural History

978-1-61519-973-0

SHIPS APRIL

- ▶ With a foreword by John Green, author of bestsellers *The Fault in Our Stars* and *The Anthropocene Reviewed*, who works with Baker on the YouTube show *CrashCourse Big History*
- ▶ An amazing account of all known history, covering everything we know that has happened on our planet and in the universe
- ▶ Like Bill Bryson’s bestselling *A Short History of Nearly Everything*, examines all events that brought about life as we know it and addresses our future on an imperiled planet



Mind Over Menopause

LOSE WEIGHT, LOVE YOUR BODY,
AND EMBRACE LIFE AFTER 50
WITH A POWERFUL NEW MINDSET

Pahla Bowers

HARDCOVER

\$26.00 US | \$34.00 Can. | World

5.5 x 8.25 | 272 pages

Health & Fitness/Menopause

978-1-61519-975-4

SHIPS JUNE

- ▶ Methods rooted in cognitive behavioral therapy (CBT)
- ▶ From a YouTube superstar with 35 million views whose trademark positive tone is infectious
- ▶ Midlife weight loss in the vein of bestsellers like *The Whole-Body Reset* and *Think Yourself Thin*—but for menopausal women

From YouTuber Pahla B, a radically simple method teaching menopausal women to lose weight by changing their mindset

With menopause, almost overnight, nothing about your body is the same. Where eating less and exercising more once allowed you to slim down, it now produces little to no results. In this book, Pahla Bowers offers a powerful new method to flip the script on menopause by adjusting how you think.

Using a highly practical approach that targets really unhelpful thoughts (RUTs), she teaches readers how to lose weight and love their midlife body by:

- transforming their thinking about food—and not fearing calories and carbs
- practicing moderate exercise, staying hydrated, and getting plenty of sleep
- choosing a realistic weight goal
- and never slowing down

Mind Over Menopause gives women the tools they need to improve their health while eating more, exercising less, and turning good feelings into actions. With chapters that include journaling prompts and “Borrow This Thought” ideas, Bowers shows how to use the mind like a compass to steer the body in the direction it wants to go. And in the process, she proves that aging can be a positive change.



PAHLA BOWERS is a weight loss life coach, certified personal trainer, and functional fitness specialist. She runs the popular YouTube channel *PahlaB, Fitness + Life Coach*, which has over 300,000 subscribers internationally, and hosts two podcasts about health and fitness for aging women.

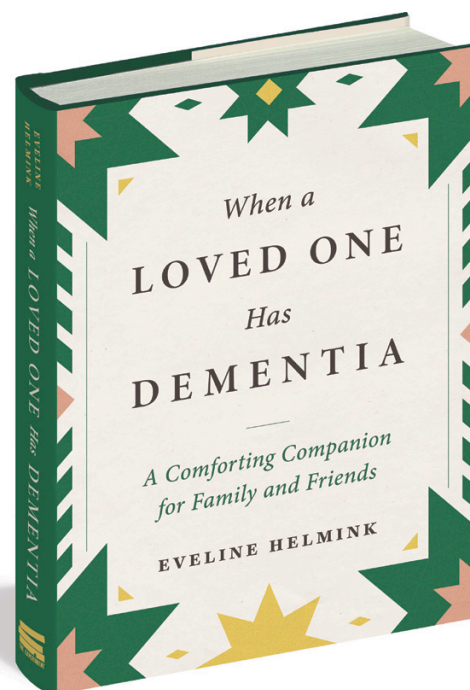
PahlaBFitness.com   [PahlaBFitness](https://www.facebook.com/PahlaBFitness)  [PahlaBowers](https://www.youtube.com/PahlaBowers)

When a Loved One Has Dementia

A COMFORTING COMPANION
FOR FAMILY AND FRIENDS

Eveline Helmink

Translated by Laura Vroomen



HARDCOVER

\$21.95 US | \$28.95 Can. | World

5.5 x 7.5 | 240 pages

Family & Relationships/Eldercare

978-1-61519-934-1

SHIPS AUGUST

A vital source of solace and compassion for those whose loved one has dementia, rooted in the author's unflinching experience of caring for her mother

Eveline Helmink's life changed forever when her mother showed signs of dementia. With her father living in denial and her mother slowly becoming unable to recognize her, Eveline was left emotionally stranded with no help on the way. There are over 16 million people in the US who, like Eveline, are not receiving the support they need as someone they're close to battles dementia—but this book can provide a much-needed source of emotional sustenance.

Intimate and practical, *When a Loved One Has Dementia* is for those struggling to process their feelings and take care of their needs as they come to terms with their loved one's illness. It helps readers tackle challenging trials, including dealing with feelings of grief, helplessness, guilt, and anger, while finding ways to not only forgive themselves but to develop a lasting sense of self-compassion.

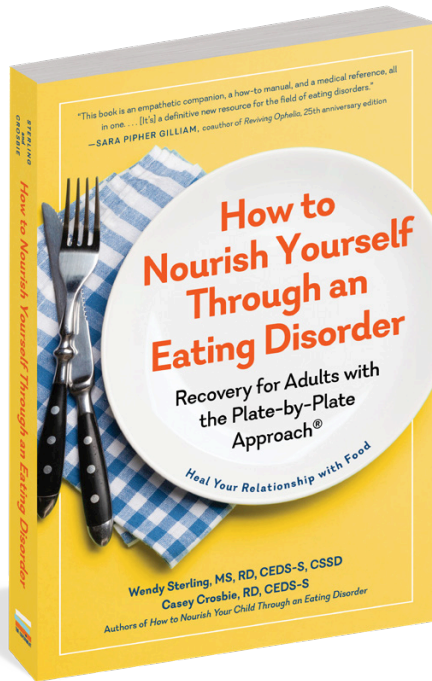
By openly and honestly discussing her own experience, Eveline shows readers how to take care of themselves while fostering love and acceptance.

- ▶ Self-care advice for the unexpected caregiver, teaching them to work through complicated emotions, reach acceptance, and find hope
- ▶ Addresses the emotional side of being a supportive carer, in the vein of Pauline Boss's *Loving Someone Who Has Dementia*
- ▶ As the successful author of *The Handbook for Bad Days*, Helmink draws from her personal experience practicing self-love in difficult circumstances



EVELINE HELMINK is a journalist and magazine editor. Her first book, *The Handbook for Bad Days*, has been published in the US, Canada, France, Germany, the Netherlands, Bulgaria, and China. She works as editor-in-chief at the international media brand Happinez, which shares inspiration for personal growth and a meaningful life. She lives in Amsterdam.

 [Eveline.Helmink](https://www.instagram.com/Eveline.Helmink)



TRADE PAPERBACK ORIGINAL
\$18.95 US | \$24.95 Can. | World
 6 x 9 | 320 pages
 4-page color photo insert

Psychology/Psychopathology
978-1-61519-977-8
SHIPS AUGUST

- ▶ The authoritative guide to the Plate-by-Plate Approach®—a revolutionary tool without calorie counting or exchanges
- ▶ For the 30 million people suffering from eating disorders in the US
- ▶ The follow-up to the category-leading title that has allowed countless parents help their teens
- » **Also available:** *How to Nourish Your Child Through an Eating Disorder*, 978-1-61519-450-6

How to Nourish Yourself Through an Eating Disorder

RECOVERY FOR ADULTS WITH THE
 PLATE-BY-PLATE APPROACH®

Heal Your Relationship with Food

Wendy Sterling, MS, RD, CEDS-S, CSSD,
and Casey Crosbie, RD, CEDS-S

A much-needed guide for adults on how to tackle an eating disorder and rebuild a healthy relationship with food

For many people, thinking about food is just one small part of their day—but for those struggling with an eating disorder (ED), these thoughts take over and leave them desperately asking, “How can I eat normally again?”

Dietitians Wendy Sterling and Casey Crosbie have the answer: the Plate-by-Plate Approach®, a no-numbers, visual method that teaches readers how to restore their relationship with food using only a ten-inch plate. This approach works across all eating disorder diagnoses—in conjunction with medical and psychological treatment—and helps individuals:

- Break free from the physical and psychological traps of an eating disorder
- Learn how to plate meals and snacks without measuring or counting
- Heal their relationship with their body and repair their body image
- Eat flexibly, paving the way to intuitive eating and a renewed sense of joy around food.

“I highly recommend this book. . . . It provides concrete tools—based in science—in a friendly, compassionate, and easy-to-understand way.”
 —JENNI SCHAEFER, bestselling author, on *How to Nourish Your Child Through an Eating Disorder*



WENDY STERLING, MS, RD, CEDS-S, CSSD, specializes in eating disorders and sports nutrition, maintains a private practice, and has been published in the *International Journal of Eating Disorders*. She lives in Redwood City, California.
CASEY CROSBIE, RD, CEDS-S, owns Crosbie Nutrition, a virtual private practice offering individual and family work as well as professional supervision and community outreach. She lives in Albany, California.

PlateByPlateApproach.com  [PlateByPlateApproach](https://www.instagram.com/PlateByPlateApproach)

Veggie Burgers Every Which Way

FRESH, FLAVORFUL, AND HEALTHY
PLANT-BASED BURGERS—
PLUS TOPPINGS, SIDES, BUNS, AND MORE

Revised and Updated Second Edition

Lukas Volger

**An updated edition of the “wonderful”*
veggie burger cookbook, with recipes and
tips for making 35+ plant-based burgers**

Looking for an alternative to the overprocessed burgers and faux meats in the freezer aisle? *Veggie Burgers Every Which Way* is here for you. This cookbook is “an in-depth veggie burger lesson” (*NYT*) full of unique, delicious recipes like:

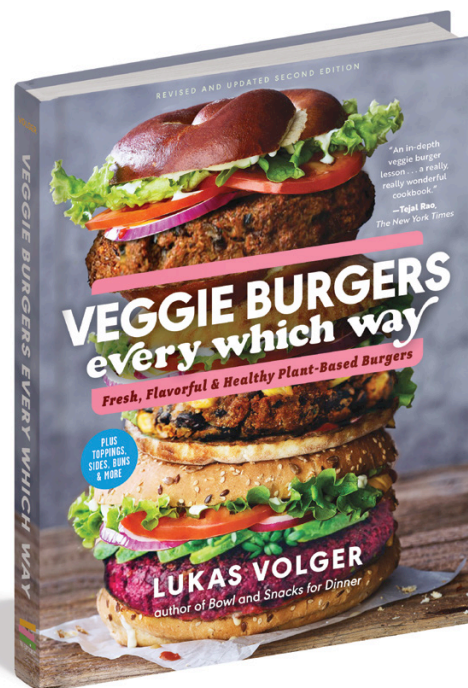
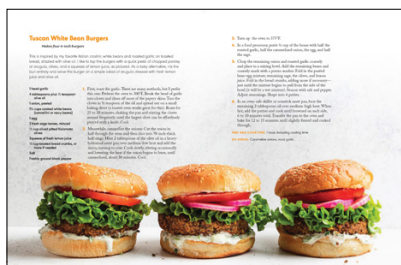
- Red Lentil and Celery Root Burgers
- Spiced Carrot and Peanut Burgers
- Kale and Quinoa Burgers
- Corn Burgers with Sun-Dried Tomatoes and Goat Cheese

Over half the burgers are vegan and/or gluten-free, and so are many of the extras, including buns, sides, toppings, and condiments. And dozens of mouthwatering photos show that great-tasting veggie burgers can look spectacular, too!

*“I highly recommend . . . a really, really wonderful veggie burger cookbook.”

—TEJAL RAO, *The New York Times*

“This is a small volume with a big mission: to up the flavor profile of this particular vegetarian genre.”—*The Washington Post*



PAPER OVER BOARDS
\$19.95 US | \$25.95 Can. | World
7 x 9 | 192 pages
75 color photographs

Cooking/Vegetarian
978-1-61519-984-6
SHIPS MAY

- ▶ With eleven additional recipes, a new preface, more photos, and a fresh cover and format
- ▶ Still the go-to source for plant-based burgers more than ten years after initial publication
- ▶ Repeatedly praised by Tejal Rao, author of *The New York Times* weekly newsletter “The Veggie”

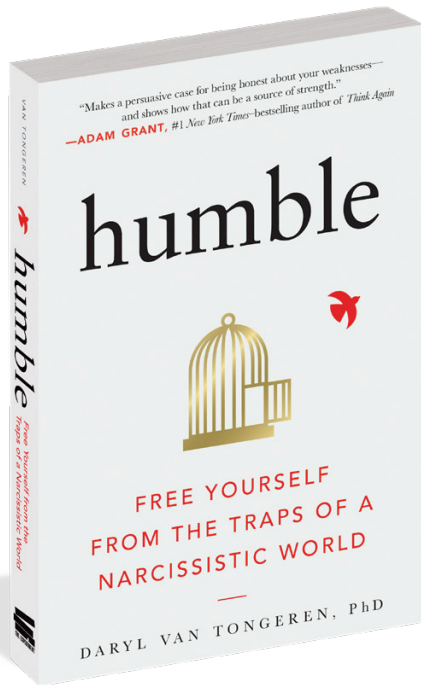
» **Previous edition:**
978-1-61519-019-5

» **Also available:** *Vegetarian Entrées That Won't Leave You Hungry*,
978-1-61519-033-1



LUKAS VOLGER is a food writer, recipe developer, editor, and author of four other cookbooks, including *Vegetarian Entrées That Won't Leave You Hungry*. He cofounded and served as the editorial director of the food journal *Jarry* and previously founded Made by Lukas, a Brooklyn-based line of premium veggie burgers. He lives in Brooklyn, New York.

LukasVolger.com  LukasVolger

**TRADE PAPERBACK**

\$16.95 US | \$21.95 Can. | USC+OM*

5.5 x 8.25 | 304 pages

Self-Help/Personal Growth

978-1-61519-987-7

SHIPS MAY

- ▶ The first secular book on humility, rooted in Van Tongeren's groundbreaking evidence-based research and distinct from religious perspectives like Susie Larson's *Strong in Battle*
- ▶ Practical strategies for cultivating humility to strengthen relationships, increase happiness, and achieve professional success
- ▶ From a pioneering expert on this topic: an associate professor of psychology at Hope College who has received numerous grants and awards for his research into humility

» **Previous edition:**
978-1-61519-857-3



DARYL VAN TONGEREN, PhD, is an associate professor of psychology at Hope College. He is coauthor of *The Courage to Suffer* (Templeton Press, 2020) and currently serves as associate editor for *The Journal of Positive Psychology*. His research, which has won numerous grants and awards, has been covered by *The New York Times*, *Washington Post*, and *Chicago Tribune*, among other media outlets.

DarylVanTongeren.com

Humble

FREE YOURSELF FROM THE TRAPS
OF A NARCISSISTIC WORLD

Daryl Van Tongeren, PhD

Now in paperback: a practical and philosophical deep dive into humility—how it can build confidence, foster honesty about our abilities, and help us achieve success

Leading researcher Daryl Van Tongeren rebrands the trait of humility in this book, explaining why the humble enjoy a more secure sense of self, handle challenges better, and, indeed, are often the people we like the most. A thought-provoking call to reexamine our values, *Humble* signals a paradigm shift—from the “self-esteem movement” run amok to a better world in which we lift up one another.

“In this lucid, thoughtful book, a leading expert makes a persuasive case for being honest about your weaknesses—and shows how that can be a source of strength.”—**ADAM GRANT**, #1 *NYT*-bestselling author of *Think Again*

“A new book on the quiet power of restraint.”—*Associated Press*

“Draws from years of graduate and post-graduate research to define what it means to be humble and how this endangered virtue could bring connection and understanding in a divided and narcissistic world. . . . Readers looking to better understand interpersonal relationships will learn much.”—*Library Journal*

“An important book that can provide a much-needed antidote to the narcissism and the crisis of meaning that pervades our society.”

—**TAL BEN-SHAHAR**, PhD, *NYT*-bestselling author of *Happier*

Choose the Life You Want

THE MINDFUL WAY TO HAPPINESS

Tal Ben-Shahar

Now with a new cover: a concise, fresh reminder that each choice, large or small, is an opportunity to make a conscious decision for a happy and fulfilled life

In his *New York Times* bestseller *Happier*, positive psychology expert Tal Ben-Shahar taught us how to become happier through simple exercises.

Now, in *Choose the Life You Want*, he has a new, life-changing lesson to share. Drawing on the latest psychological research, Ben-Shahar shows how making the right choices—not the big once-in-a-lifetime choices, but the countless small choices we make every day almost without noticing—has a direct, long-lasting impact on our happiness.

Every single moment is an opportunity to make a conscious choice for a happy and fulfilled life. *Choose the Life You Want* covers 101 such choices, complete with real-life stories to help you identify and act on opportunities large and small.

“With his customary insight, Tal Ben-Shahar lays out the elements of a happier life in short, thought-provoking chapters that will inspire readers both to think more deeply about their lives—and to take action to turn those ideas into reality.”

—GRETCHEN RUBIN, author of *The Happiness Project*

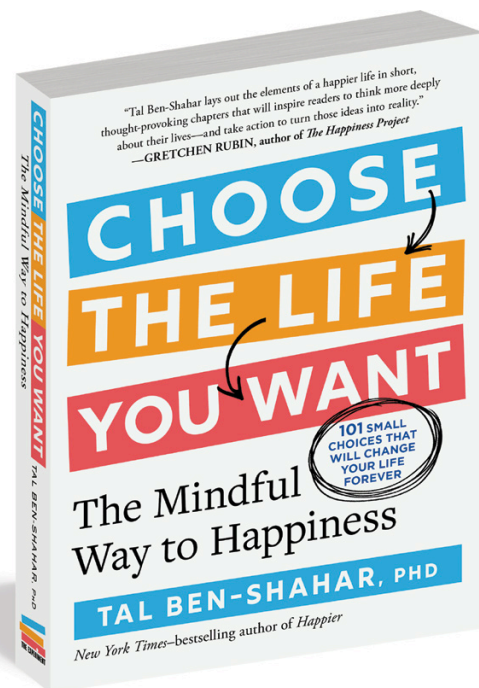
“Tal Ben-Shahar has done it again! This book will not only change the way you think about your life, but how you choose to live it.”

—MARC SHIMOFF, *NYT*-bestselling author of *Happy for No Reason*



TAL BEN-SHAHAR, PhD, has written eight books. He is the cofounder of the Happiness Studies Academy and Potentialife. Ben-Shahar taught the largest course at Harvard, Positive Psychology, and the third-largest, The Psychology of Leadership, attracting 1,400 students per semester—approximately 20 percent of all Harvard undergraduates. He teaches leadership, happiness, and mindfulness to audiences all over the world.

TalBenShahar.com  [TalBenShahar](https://twitter.com/TalBenShahar)



TRADE PAPERBACK

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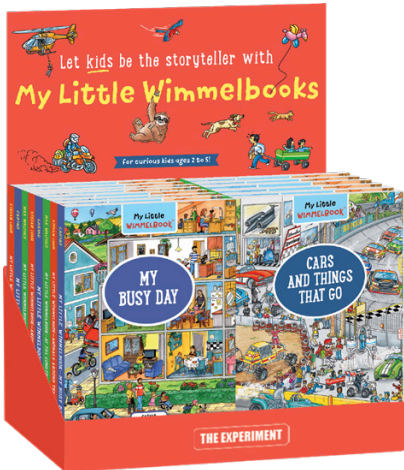
5.5 x 7.5 | 304 pages

Self-Help/Personal Growth

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SHIPS MAY

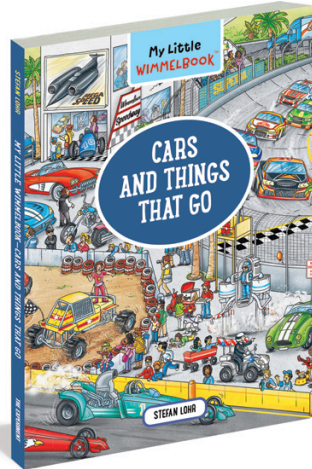
- ▶ From the internationally renowned, *New York Times*-bestselling author of, most recently, *Happier*, *No Matter What*
- ▶ Mindfulness 101, with practical applications to help improve decision-making
- ▶ For readers of Brené Brown and Charles Duhigg
- » **Also available:** *Happier*, *No Matter What*, 978-1-61519-791-0



» **16-copy series display**
 \$143.20 US | \$191.20 Can.
 978-1-61519-993-8

MyBigWimmelbooks.com

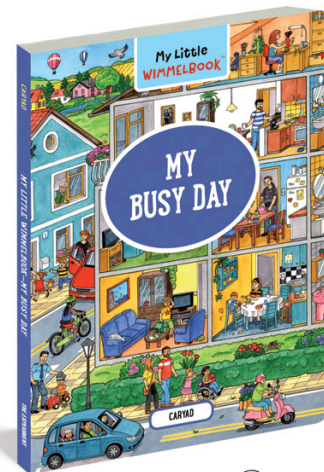
- ▶ At about 5.5 by 7.5 inches, My Little Wimmelbooks™ are the portable counterparts to My Big Wimmelbooks® (9 by 12 inches)
- ▶ *Where's Waldo* meets Richard Scarry, with look-and-find fun designed for younger learners
- ▶ Wimmelbooks teach literacy and grow with readers ages 2 to 5



**My Little Wimmelbook™—
 Cars and Things That Go**

BOARD BOOK
 \$8.95 US | \$11.95 Can. | World
 5.625 x 7.5 | 16 pages
 Rounded corners | 6 color, full-
 spread scenes to explore

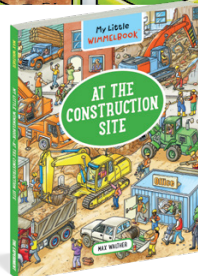
Juvenile Fiction/Transportation
 978-1-61519-983-9
SHIPS APRIL | ON SALE MAY



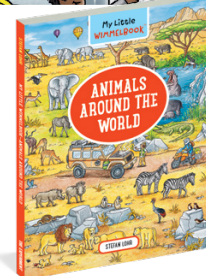
**My Little Wimmelbook™—
 My Busy Day**

BOARD BOOK
 \$8.95 US | \$11.95 Can. | World
 5.625 x 7.5 | 16 pages
 Rounded corners | 6 color, full-
 spread scenes to explore

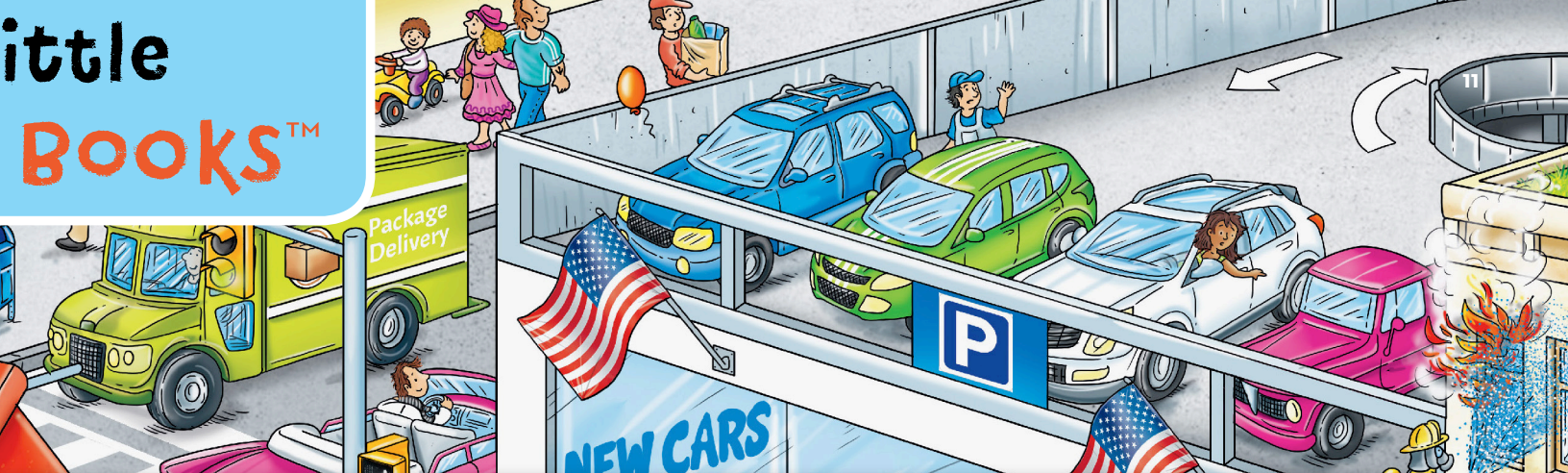
Juvenile Fiction/Health & Daily
 Living
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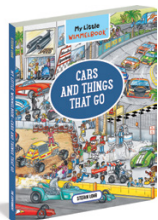
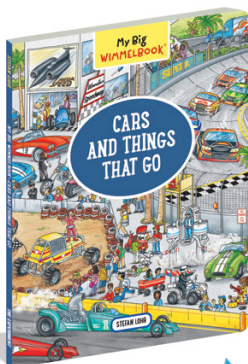
\$8.95 US | \$11.95 Can.
 978-1-61519-919-8



\$8.95 US | \$11.95 Can.
 978-1-61519-918-1



40% smaller than
the original editions!



With 310,000 in print, My Big Wimmelbooks® are a big hit. My Little Wimmelbooks™ deliver the same seek-and-find fun—travel-size!

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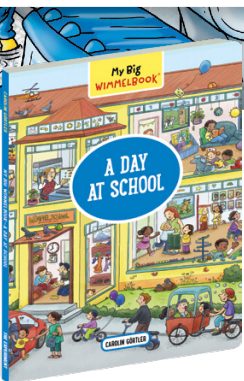
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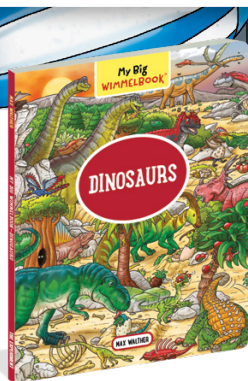
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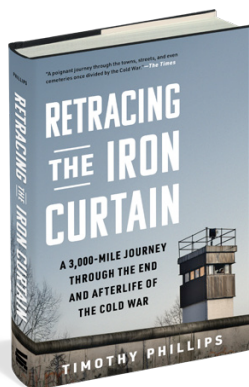
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KIM LONG is the creator of the award-winning Moon Calendar Card. Between 1984 and 2006, his *American Forecaster Almanac* was published in twenty-two annual editions. He is the author or coauthor of many other books, including *The Moon Book*. He lives in Denver, Colorado.

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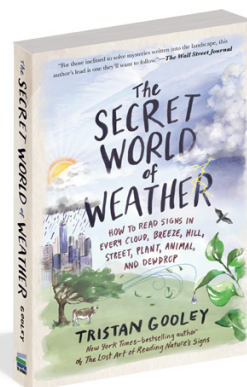
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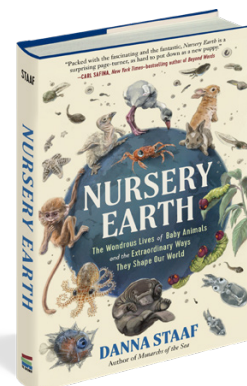
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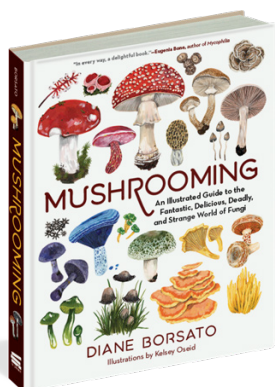
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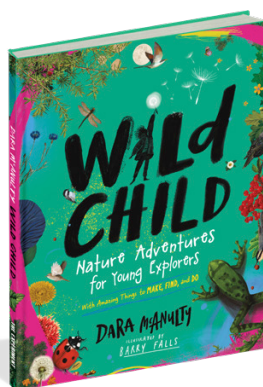
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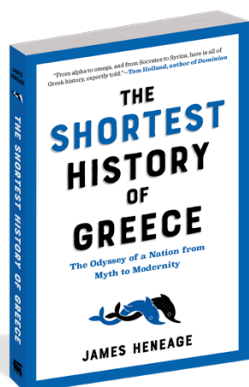
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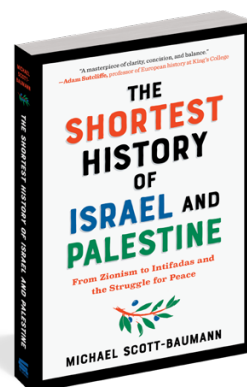
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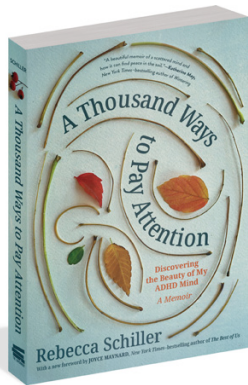
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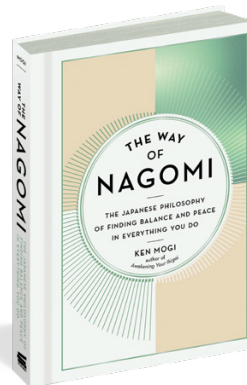
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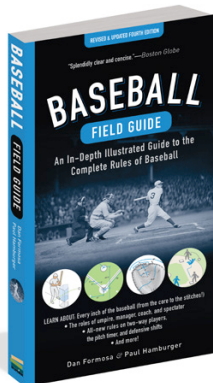
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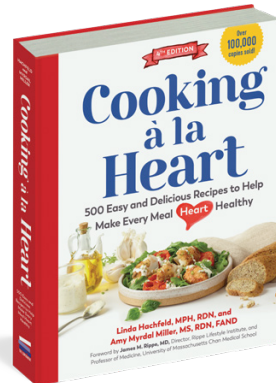
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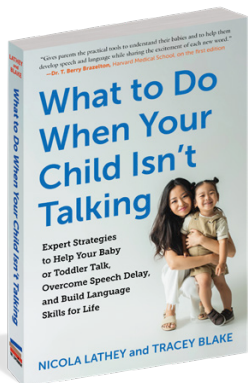
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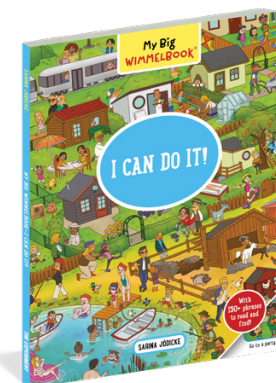
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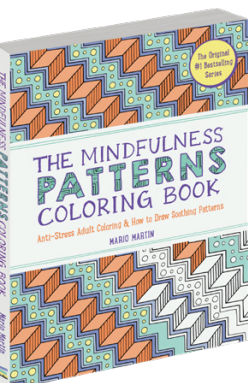
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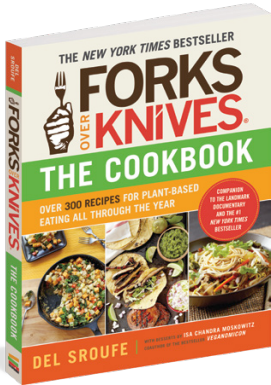
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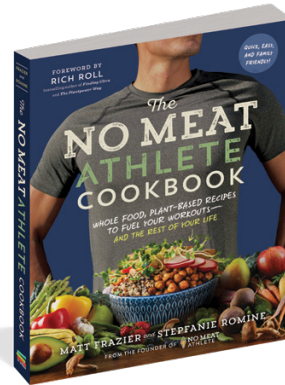
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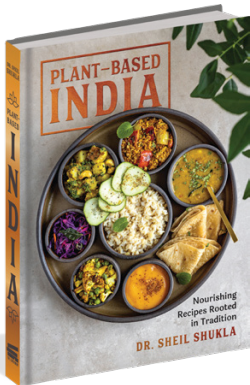
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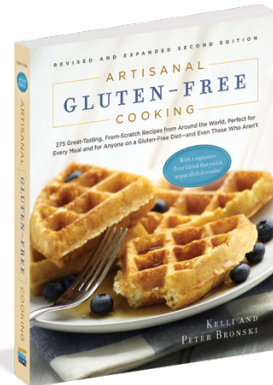
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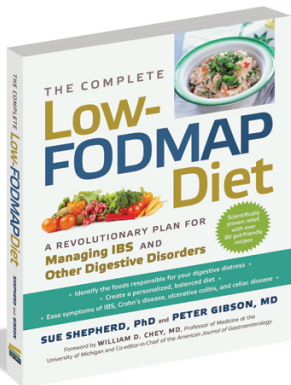
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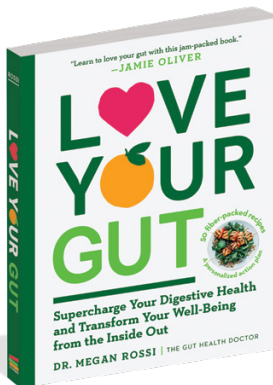
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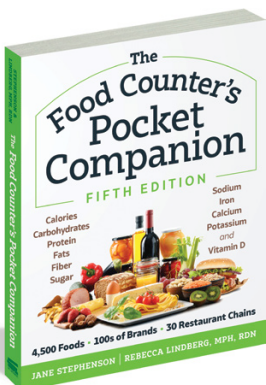
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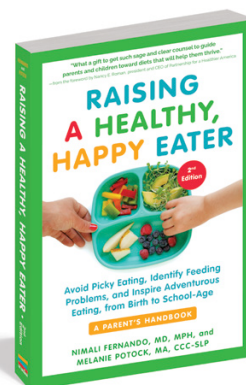
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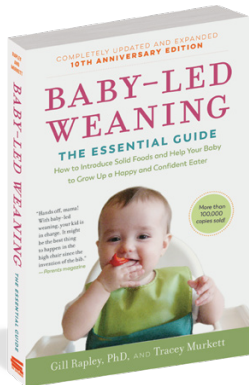
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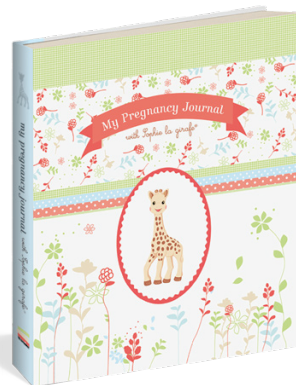
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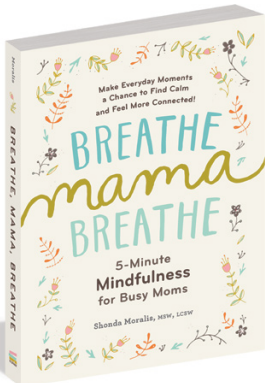
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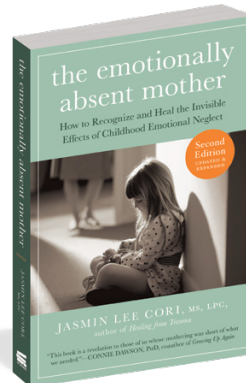
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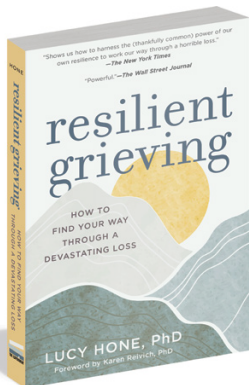
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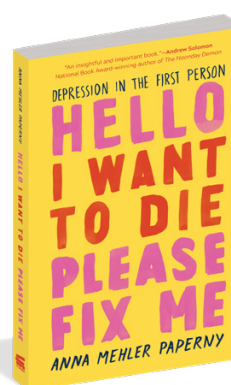
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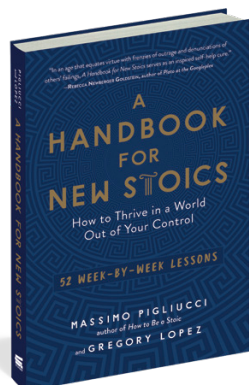
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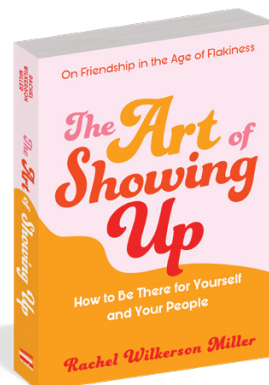
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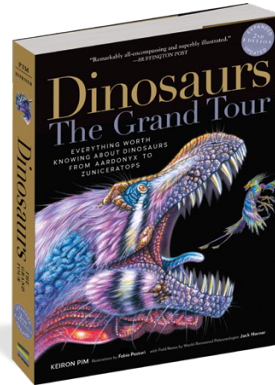
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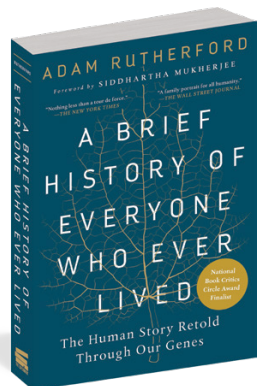
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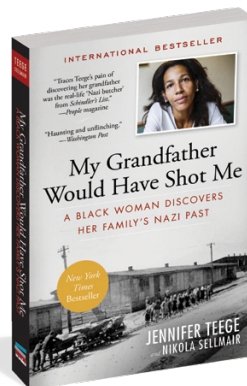
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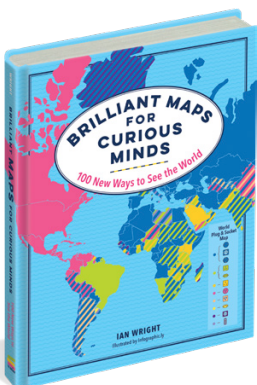
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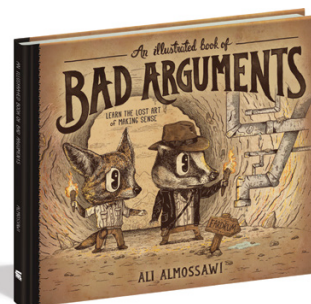
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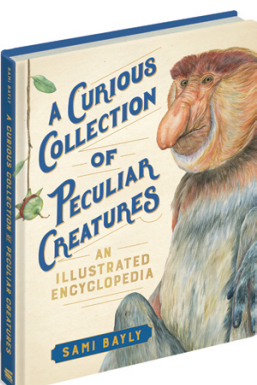
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